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Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
03968-P0001F

1/28

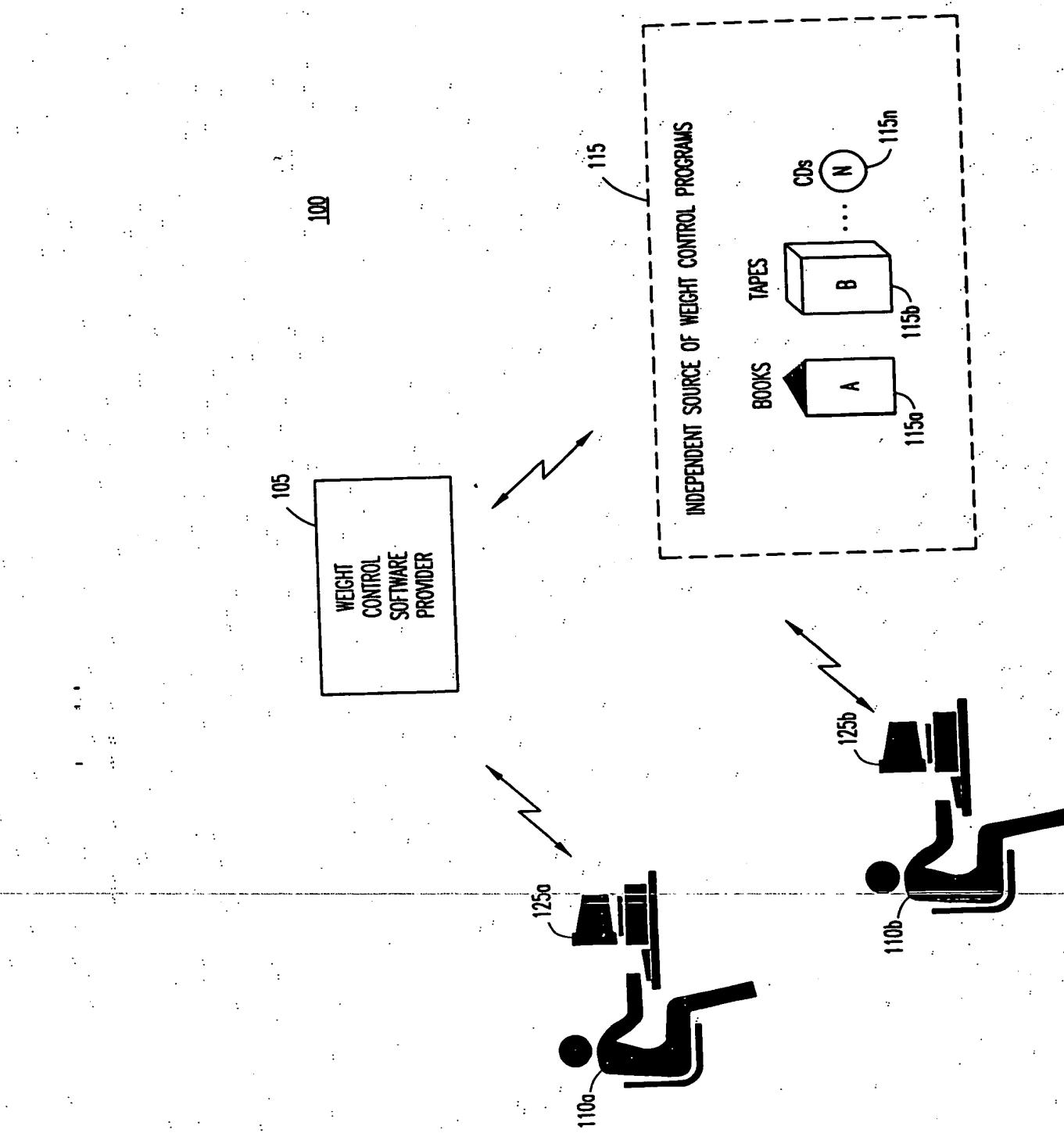


FIG. 1

**Title: Weight Control System
Having Foods and Activities
Database**
**Inventor: Kirchhoff, et al
03968-P0001F**

2/28

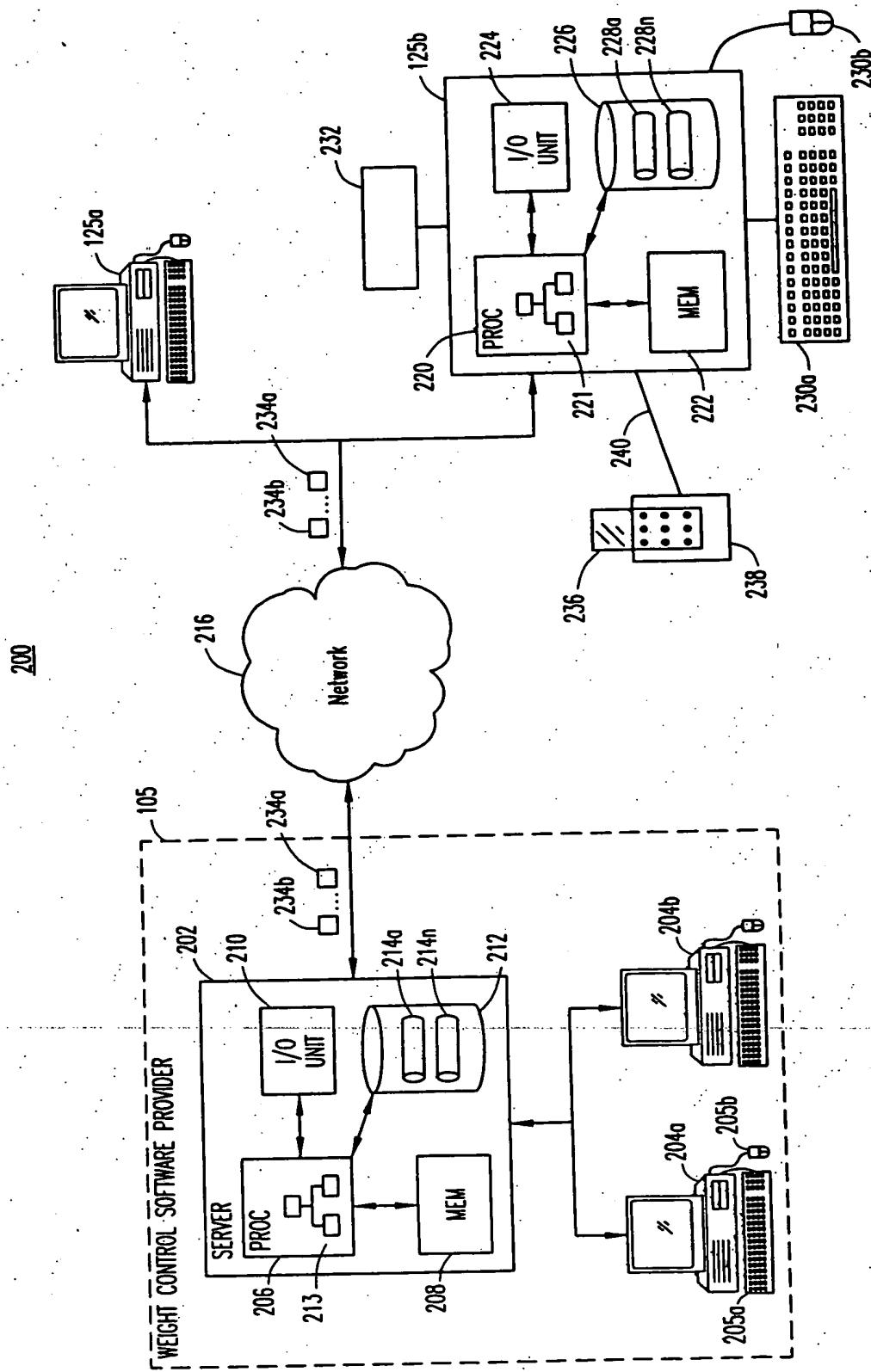


FIG. 2

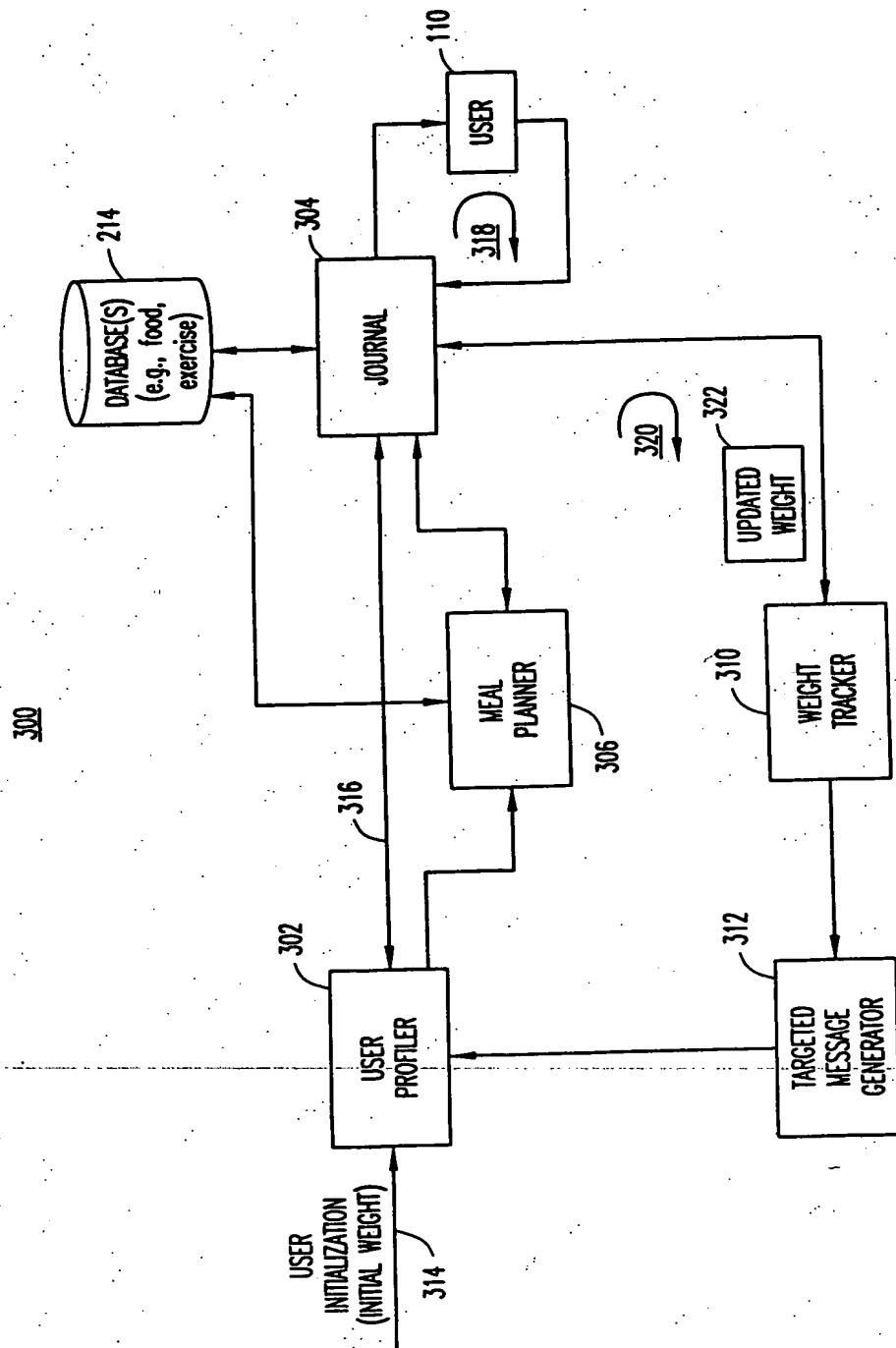


FIG. 3

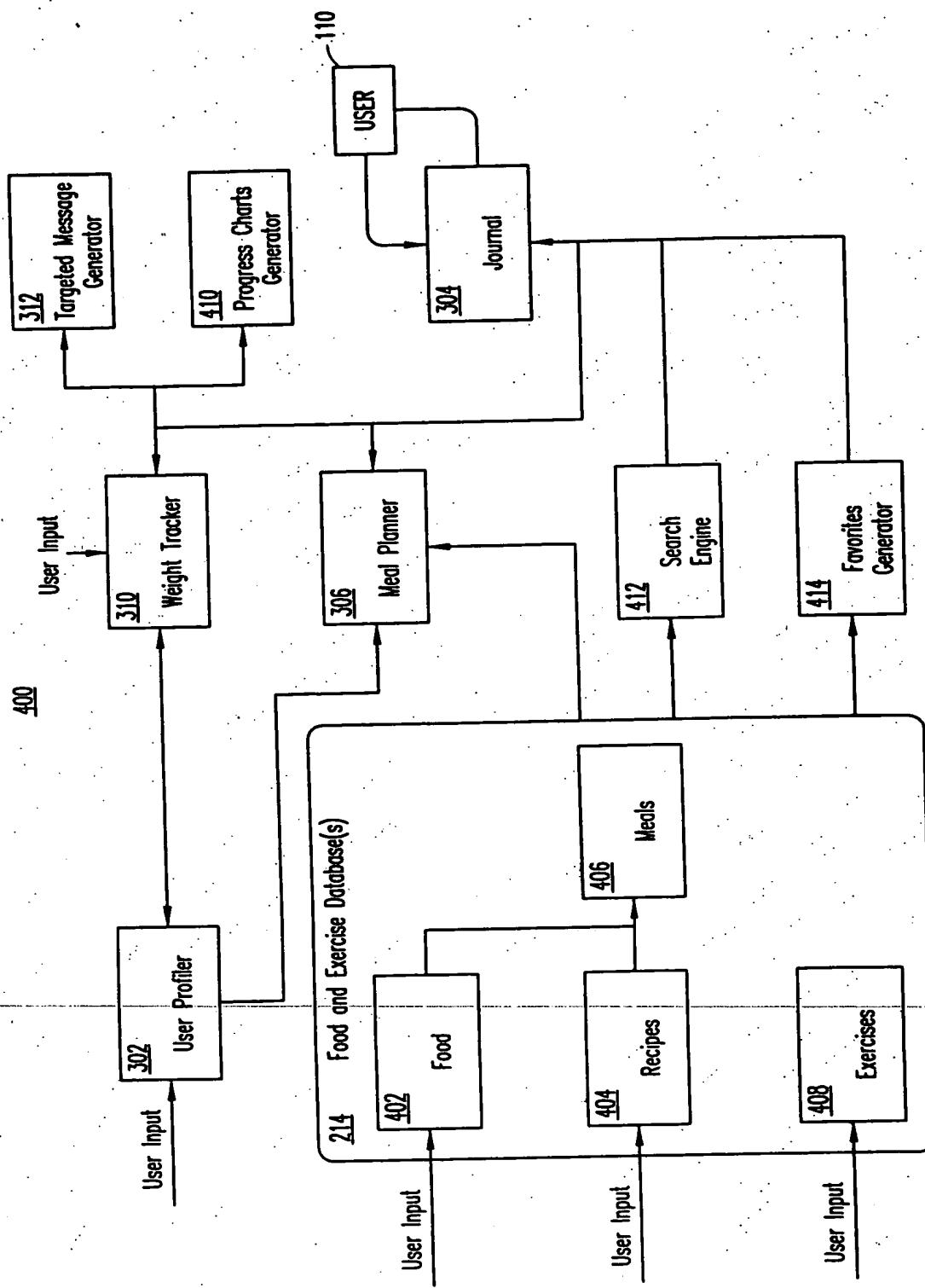


FIG. 4

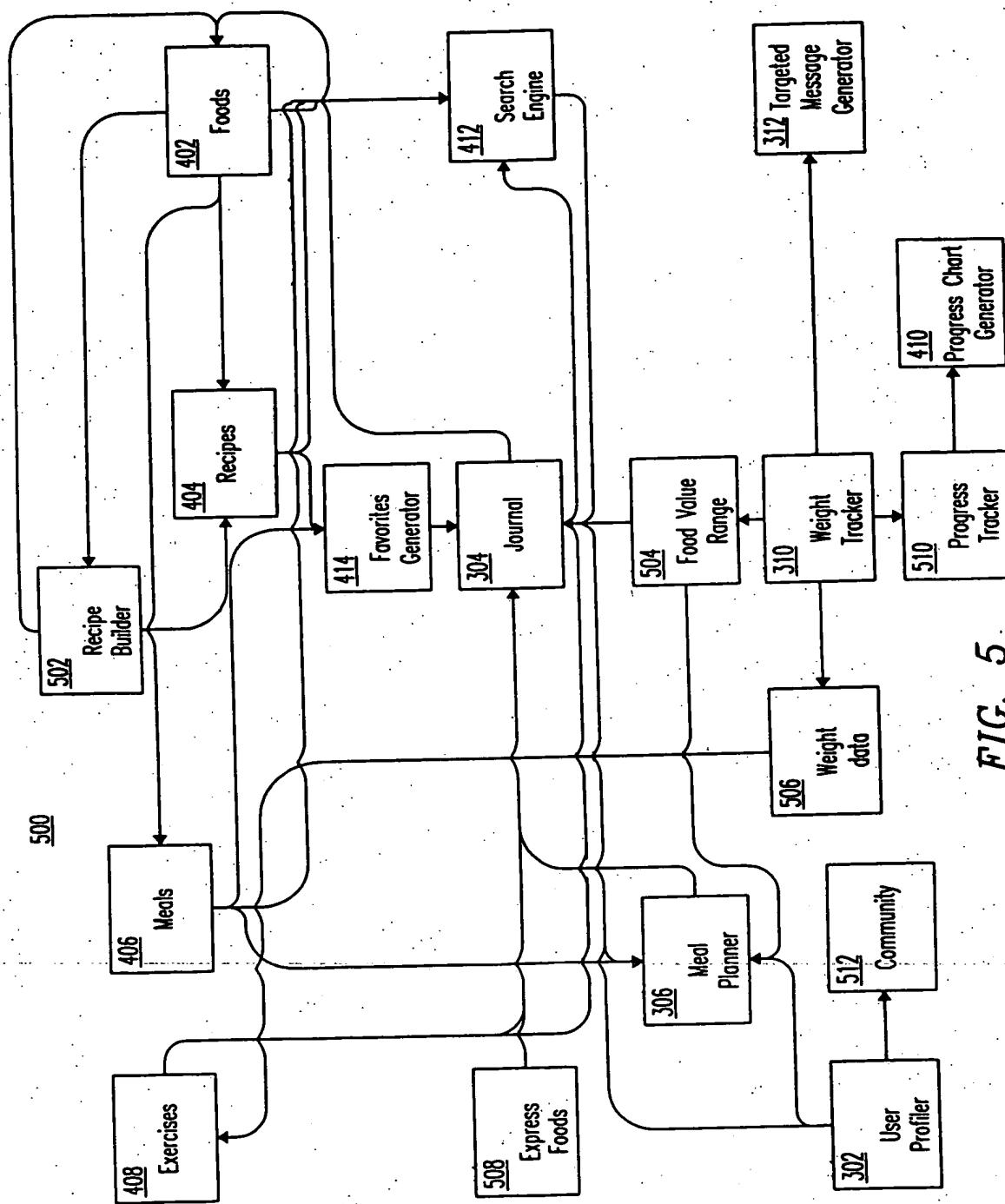


FIG. 5.

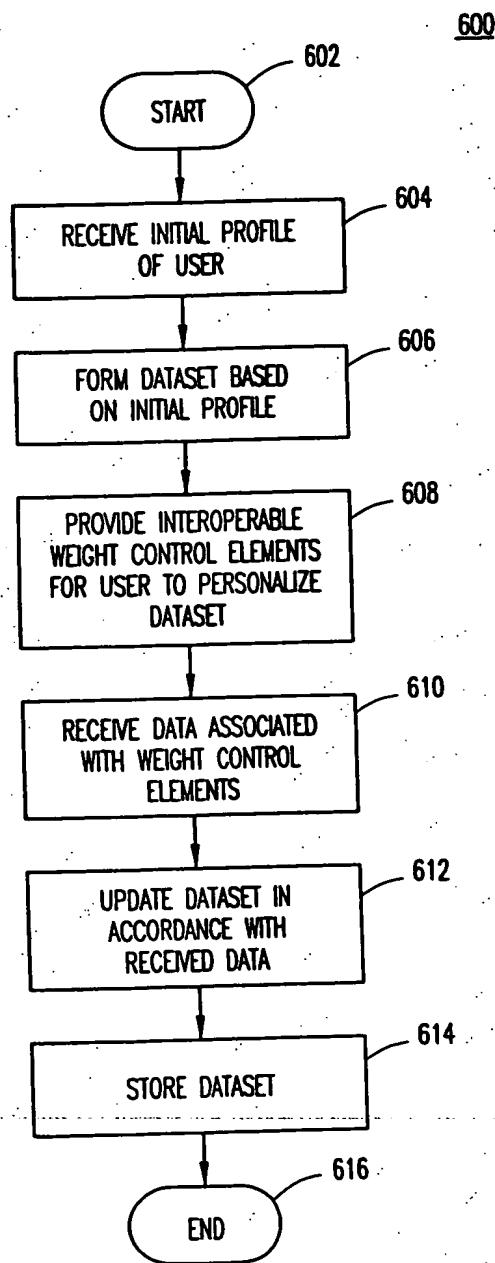


FIG. 6

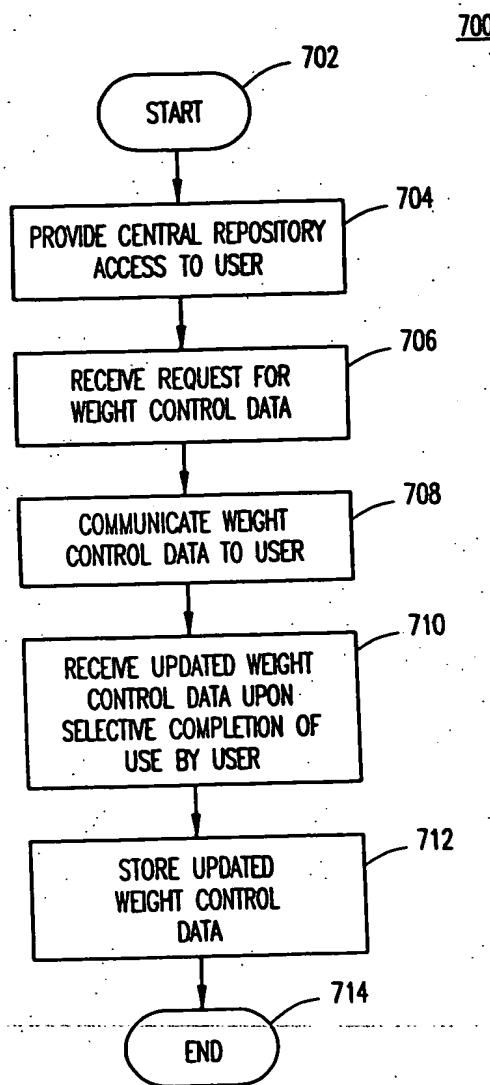


FIG. 7

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
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8/28

800

802

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[LOGIN](#)

804

shop

panic

806

[home](#) [the plan](#)

community sucess stories food & recipes healthy life fitness just for me

808

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®]](#) [Calculators](#) [Assessment](#) [Tools for Living](#)

826

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb

Height: 5'8"

Gender: M

Birthdate: 7/14/1966

810

[Make changes to Weight Information](#)

Personal Information

First name: John

Last name: Smith

Address: 1 MAIN ST.

City: Anytown

State: NY

Zip code home: 12345

Zip code work: 12346

Country: United States

Phone: (212) 555-1234

E-mail: jsmith@workplace.com

812

814

Other Characteristics

Altitude: Generally Happy

Athletic: Yes

Eye color: Blue

Hair color: Brown

814

Other Demographics

Race: Caucasian

Religion: Catholic

Ethnicity: Irish

Blood type: A+

816

Health Restrictions

None

818

Desired Meal Plan Type

Regular

Receive Information: No

E-mail Weight Loss Progress: No

E-mail Format: text

Profession: Professional (e.g., doctor, lawyer)

Marital status: Single

Number of children: 0

Lifetime Member: 98765

Meeting Member number: 98765

[Make changes to Personal Information](#)

Payment Information

Credit Card: Visa

Credit card number: ****1111

Expiration date: 2/2002

Name as it appears on the card: John Q. Smith

Billing Address: 1 MAIN ST.

City: Anytown

State: NY

Zip code: 12345

822

[Make changes to Payment Information](#)

Total Subscription Charges for

Monthly Fee: \$8.00 x 6 =: \$48.00

Savings/Discount: \$0.00

Taxes: \$0.00

Total Charges: \$48.00

824

FIG. 8

Title: Weight Control System
 Having Foods and Activities
 Database
 Inventor: Kirchhoff, et al
 03968-P0001F

9/28

900g

The screenshot shows a web browser window for the Weight Control System. The address bar contains "http://". The menu bar includes File, Edit, View, Go, Favorites, Help, Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The main content area displays a navigation menu with links like home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, and a panic button. Below this is a horizontal menu with Journal, Weight Tracker, Progress Charts, My Favorites, POINTS® Calculators, Assessment, Tools for Living, Intro to eTools, and a user guide. The main title is "my journal". A date and time display shows Friday, Jan 25, 2002, Target: 27, Range: 22-27, Bank: 3. There are links for print day, print blank journal, and user guide. The left sidebar has buttons for Add Food, Add Exercise, Notes, and Calendar. The main area shows a meal plan with items like Morning (1 medium pear(s)), Midday (6 oz baked potato), and Subtotal (24). A sidebar provides tips from others on the Weight Watchers eTools Tip Exchange.

DELETE CHECKED ITEMS		918	SAVE & BANK
<input type="checkbox"/> Check All		910	Total Food POINTS used 24
Morning		912	
<input type="checkbox"/> 1 medium pear(s)		1	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt		2	
<input type="checkbox"/> 1/2 cup General Mills Whole Grain Total		1	
<input type="checkbox"/> 6 average almonds		1	
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		Subtotal	5
Midday			
<input type="checkbox"/> 6 oz baked potato		3	
<input type="checkbox"/> 1 oz low-fat cheddar or colby cheese		1	
<input type="checkbox"/> 1/2 cup cooked broccoli		0	
<input type="checkbox"/> 2 cup mixed greens		0	
<input type="checkbox"/> 1 tsp olive oil		1	
<input type="checkbox"/> Tbsp vinegar		0	
<input type="checkbox"/> 1 medium orange(s)		1	
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		Subtotal	6

Step 1: Select a meal time: 908
 Morning Midday Evening Snack
 Step 2: To add food, you can either:

- Search our food database
- Select a favorite:
- Express it! Enter your food and its POINTS value:
 Food:
 POINTS:
 POINTS Calculator

Need Help? Go to the Find tips from others on the

FIG. 9

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
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10/28

1000

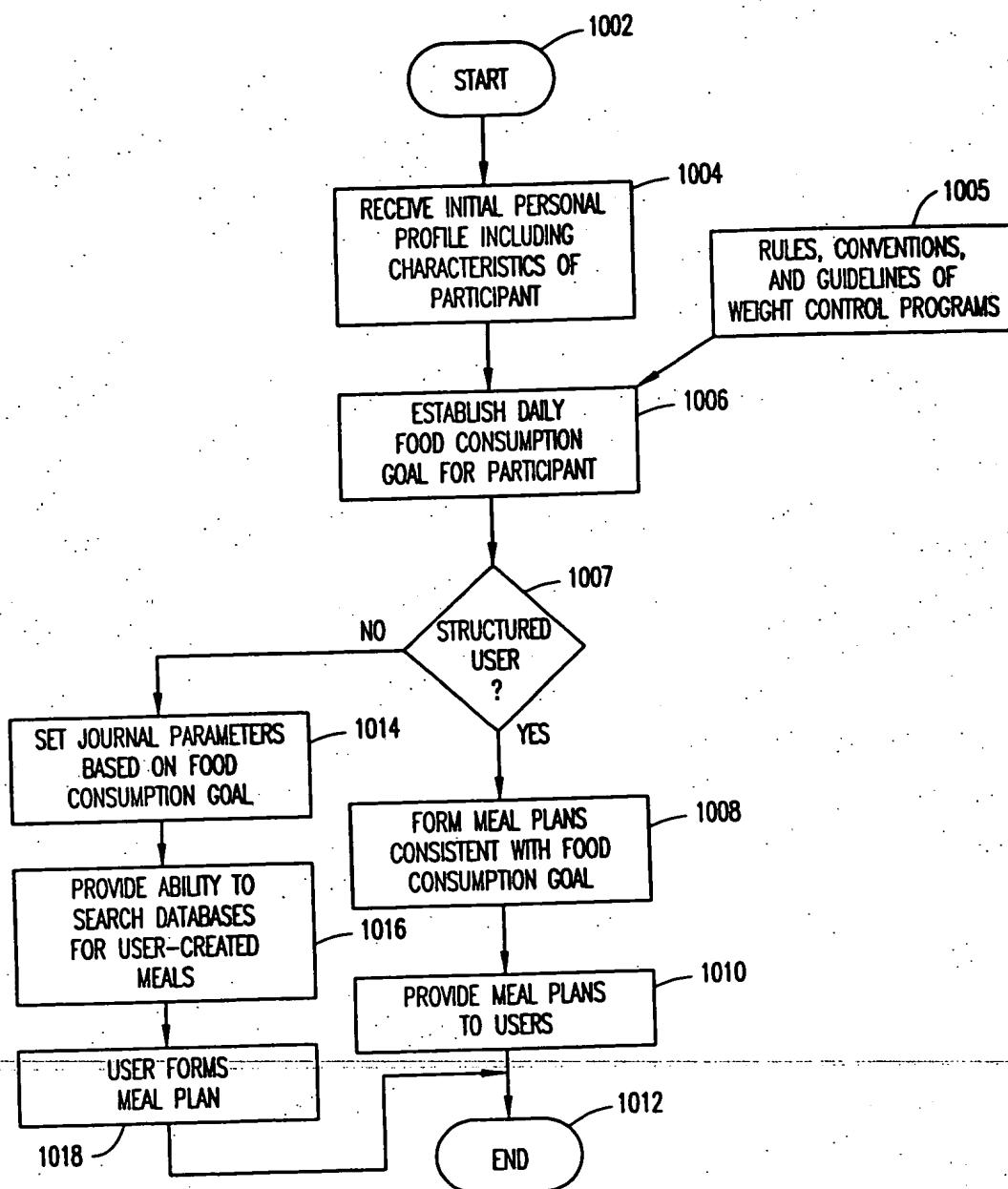


FIG. 10

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
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11/28

900b

The screenshot shows a web browser window with the following details:

- Address Bar:** http://
- Menu Bar:** File, Edit, View, Go, Favorites, Help
- Toolbar:** Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit
- Header:** home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop | panic | Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living | Intro to eTools | find a meeting | about us | my profile | site map | help | LOGOUT
- Main Content:** my journal
- Date and Target:** Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3
- Journal ID:** 904b
- Buttons:** print day, print blank journal, user guide
- Food Log:** Shows a list of items with checkboxes and points values.
- Exercise Log:** Shows a list of items with checkboxes and points values.
- Help and Tips:** Includes links to "Journal User Guide" and "eTools Tip Exchange".
- Bottom Navigation:** Internet, Multivitamin Supplement, Water, Check off daily on these important items.

Handwritten annotations are present in the screenshot:

- "904b" is written next to the journal ID.
- "906" is written next to the Bank value.
- "1104" is written next to the first exercise entry.
- "1102" is written next to the second exercise entry.
- "1101" is written next to the first food entry.
- "1103" is written next to the second food entry.

FIG. 11

Title: Weight Control System
 Having Foods and Activities
 Database
 Inventor: Kirchhoff, et al
 03968-P0001F

12/28

900c

914 →

my journal ← Friday, Jan 25, 2002 → Target: 27 Range: 22-27 Bank: 3 906

DELETE CHECKED ITEMS		SAVE & BANK
<input type="checkbox"/> Check All		Total Food POINTS used 24
Morning		
<input type="checkbox"/> 3 slice(s) crisp cooked bacon		4
<input type="checkbox"/> 2 large fried egg(s)		5
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		Subtotal 9
Midday		
<input type="checkbox"/> 1 small serving(s) cooked lean beef steak		7
<input type="checkbox"/> 1 cup(s) fruit salad		2
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		Subtotal 9
Evening		
		Subtotal 0
Snack		
		Subtotal 0
<input type="checkbox"/> 1102		Total Food POINTS used 18
		Total Food POINTS left for today 9
Exercise		
<input type="checkbox"/> 60 min jogging		7
		Total Activity POINTS earned 7
Check off daily on these important items		
Water	1204	Multivitamin Supplement
		<input type="checkbox"/>
Fruits & Vegetables	1206	Milk & Milk Products
DELETE CHECKED ITEMS		SAVE & BANK

Find tips from others on the eTools Tip Exchange

Need Help? Go to the Journal User Guide

1202 →

1202 →

FIG. 12

Title: Weight Control System
Having Foods and Activities
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Inventor: Kirchhoff, et al
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13/28

900d

The screenshot shows a web-based application for managing food and exercise. At the top, there's a menu bar with File, Edit, View, Go, Favorites, Help, and various icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. Below the menu is an address bar with the URL http:// and links for find a meeting, about us, my profile, site map, help, and LOGOUT. A navigation bar includes links for home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, Journal, Weight Tracker, Progress Charts, My Favorites, POINTS[®], Calculators, Assessment, Tools for Living, and Intro to eTools.

The main content area is titled "my journal" and shows a calendar for January 2002. The date Friday, Jan 25, 2002, is highlighted. It also displays a target of 27, a range of 22-27, and banked points of 0. There are links for print day, print blank journal, and user guide. A note says "Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows." A "Calendar Key" is provided with symbols for Today's date, The journal day you are viewing, Your scheduled weight tracking day, and journal is complete: POINTS are banked!

A "914" annotation points to the "my journal" title. A "904d" annotation points to the calendar key. A "906" annotation points to the "print day" link. A "1302" annotation points to the date 25 in the calendar. A "13" annotation points to the "Total Food POINTS used" value of 24.

The right side of the screen shows a list of meals with checkboxes for deleting them. The meals are categorized by time of day: Morning, Midday, Evening, and Snack. Each meal has a "MAKE THIS MEAL A FAVORITE" button and a "Subtotal" value. The total food points used for the day is 18, and the total points left for today is 9.

At the bottom, there are links for Need Help? Go to the Journal User Guide and Find tips from others on the eTools Tip Exchange. There are also links for Internet and other system status indicators.

FIG. 13

Title: Weight Control System
 Having Foods and Activities
 Database
 Inventor: Kirchhoff, et al
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14/28

1400

806e

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meal plans

808c

my shortcuts [LOGOUT](#)

to weight loss tools.

Welcome Kevin!
 I'm not Kevin [edit profile](#)

Pick my avatar! [1404](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS CALCULATORS

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RECIPE BUILDER

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[intro to e-tools](#)

Tools for Living

Hot e-tools Topic of the Week

Eating Out Guide

e-tools Tip

Exchange

[edit](#)

Favorite Recipes

[edit](#)

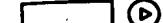
Favorite Boards

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MY MEETINGS

75202 | [edit](#)

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my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[view next week's plan](#)

[see Daily View](#)

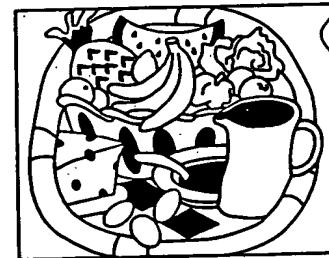


Jan 23 - Jan 29

[add plan to my journal](#)

1402

POINTS



THURSDAY

POINTS

- MORNING: Almond Apricot Flakes 6
- MIDDAY: Turkey Roller 5
- EVENING: Orange-Lemon Scallops 7
- SNACK: Throughout the Day 5

SATURDAY

POINTS

- MORNING: From the Coffee Shop 5
- MIDDAY: Grilled Swordfish ... 6
- EVENING: Indian Take-Out 8
- SNACK: On the Go 5

MONDAY

POINTS

- MORNING: Apricot Yogurt Sundae 5
- MIDDAY: Super Salad 6
- EVENING: Quick Bite Before ... 7
- SNACK: Crunchy Snacks 5

[view next week's plan](#)

[See Daily View](#)

POINTS

WEDNESDAY

POINTS

- MORNING: Cheese Omelet 6
- MIDDAY: Veggie Chili 5
- EVENING: Apricot Turkey Br... 7
- SNACK: Snacks and Treats 5

SUNDAY

POINTS

- MORNING: Rosin Nut Flakes 6
- MIDDAY: Turkey Sandwich w... 5
- EVENING: Baked Beef Fajita 8
- SNACK: Sweets and Treats 5

TUESDAY

POINTS

- MORNING: Apple-Almond Topp... 6
- MIDDAY: Bacon & Grill ... 5
- EVENING: Turkey-Squash Sti... 8
- SNACK: Sweet and Salty S ... 5

[add plan to my journal](#)



FIG. 14

need help?

Learn more and
 answer questions in
 our meal plan user
 guide.

- [meal plan user guide](#)
- [meal planner profile](#)
- [Plan for Me-Plan](#)
- [Special diet/Regular](#)
- [POINTS range\(22-27\)](#)
- [edit meal plan profile](#)
- [about meal plans](#)

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
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15/28

1500g

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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

MORNING: [Swap for another meal?](#)

	POINTS
Cheese Omelet	6
■ 3 medium egg white(s)	1
■ 1 tsp basil	0
■ 1 oz low-fat cheddar or colby cheese	1
■ 1 slice high-fiber bread	1
■ 1 cup canned fruit cocktail, packed in water	1
■ 1 cup low-fat milk	2

1502

MIDDAY: [Swap for another meal?](#)

	POINTS
Veggie Chili	5
■ 1 cup Health Valley Mild Vegetarian Chili	2
■ 1 cup fresh vegetable sticks	0
■ 1 Tbsp reduced-calorie salad dressing	1
■ 1 cup grapes	1
■ 1 slice toasted wheat bread	1
■ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine	0

EVENING: [Swap for another meal?](#)

	POINTS
Apricot Turkey Breast with Cinnamon Squash	7
■ 4 oz boneless, skinless turkey breast(s)	3
■ 1 Tbsp apricot jam	1
■ 1 tsp ground ginger	0
■ 3/4 medium acorn squash	2
■ 1/8 tsp ground cinnamon	0
■ 1 Tbsp light butter	1
■ 1 1/2 cup green snap beans	0

SNACK: [Swap for another meal?](#)

	POINTS
Snacks and Treats	5
■ 1 cup 0-POINT soup	0
■ 1 cup fresh vegetable sticks	0

need help?

Learn more and answer questions in our meal plan user guide.

meal plan user guide

meal planner profile

Plan for Me-Plan

Special diet/Regular

POINTS range/22-27

edit meal plan profile

about meal plans

FIG. 15A

Title: Weight Control System.
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
03968-P0001F

16/28

1500b

The screenshot shows a web browser window for the Weight Control System. The address bar shows <http://>. The menu bar includes File, Edit, View, Go, Favorites, Help, Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit, and a Go button. Below the menu is a navigation bar with links for home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, and panic. A search bar contains links for find a meeting, about us, my profile, site map, help, and LOGOUT. The main content area has a header "meal plans" and a title "my 7-day meal plan". A sub-header "Using a meal plan is a simple way to kick-start your weight loss." is followed by text about following the meal plan or using it for ideas. Below this are links for next day and weekly view. To the left is a sidebar with "my shortcuts" (Logout), "Welcome Kevin!", "I'm not Kevin edit profile", "Pick my avatars!", "MY TOOLS", "JOURNAL", "WEIGHT TRACKER", "MEAL PLANS", "POINTS® CALCULATORS", "RECIPE SEARCH", and "RECIPE BUILDER". The "RECIPE BUILDER" section includes links for "MY RESOURCES", "Intro to eTools", "Tools for Living", "Hot eTools Topic of the Week", "Eating Out Guide", "eTools Tip", "Exchange", "Favorite Recipes" (edit), and "Favorite Boards" (edit). The main content also includes a "need help?" sidebar with links for "Learn more and answer questions in our meal plan user guide", "med plan user guide", "meal planner profile", "Plan for Me-Plan", "Special diet", "Regular POINTS range (22-27)", "edit meal plan profile", and "about meal plans". A "WED Jan 23 | 23 POINTS" section shows a meal plan with items like "Cheese Omelet", "Almond Apricot Flakes", "Yogurt Topped Fruit", "From the Coffee Shop", "Raisin Nut Flakes", "Apricot Yogurt Sundae", and "Apple-Almond Topped Pancakes". A dropdown menu for "Swap for another meal?" lists these items. The bottom right corner of the screenshot has the number "1506" and the word "Internet".

FIG. 15B

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
03968-P0001F

17/28

900e

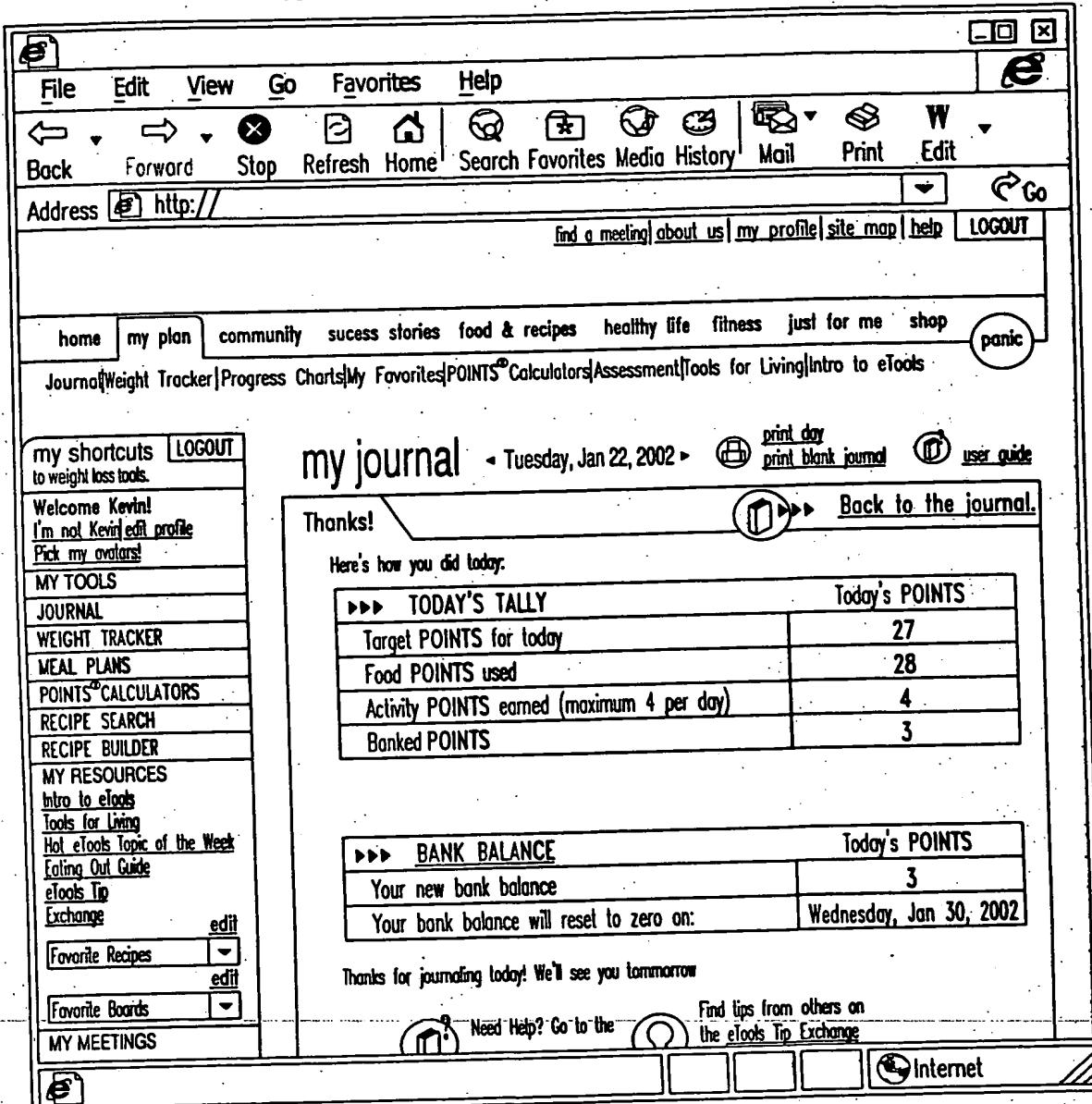


FIG. 16A

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
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18/28

900f

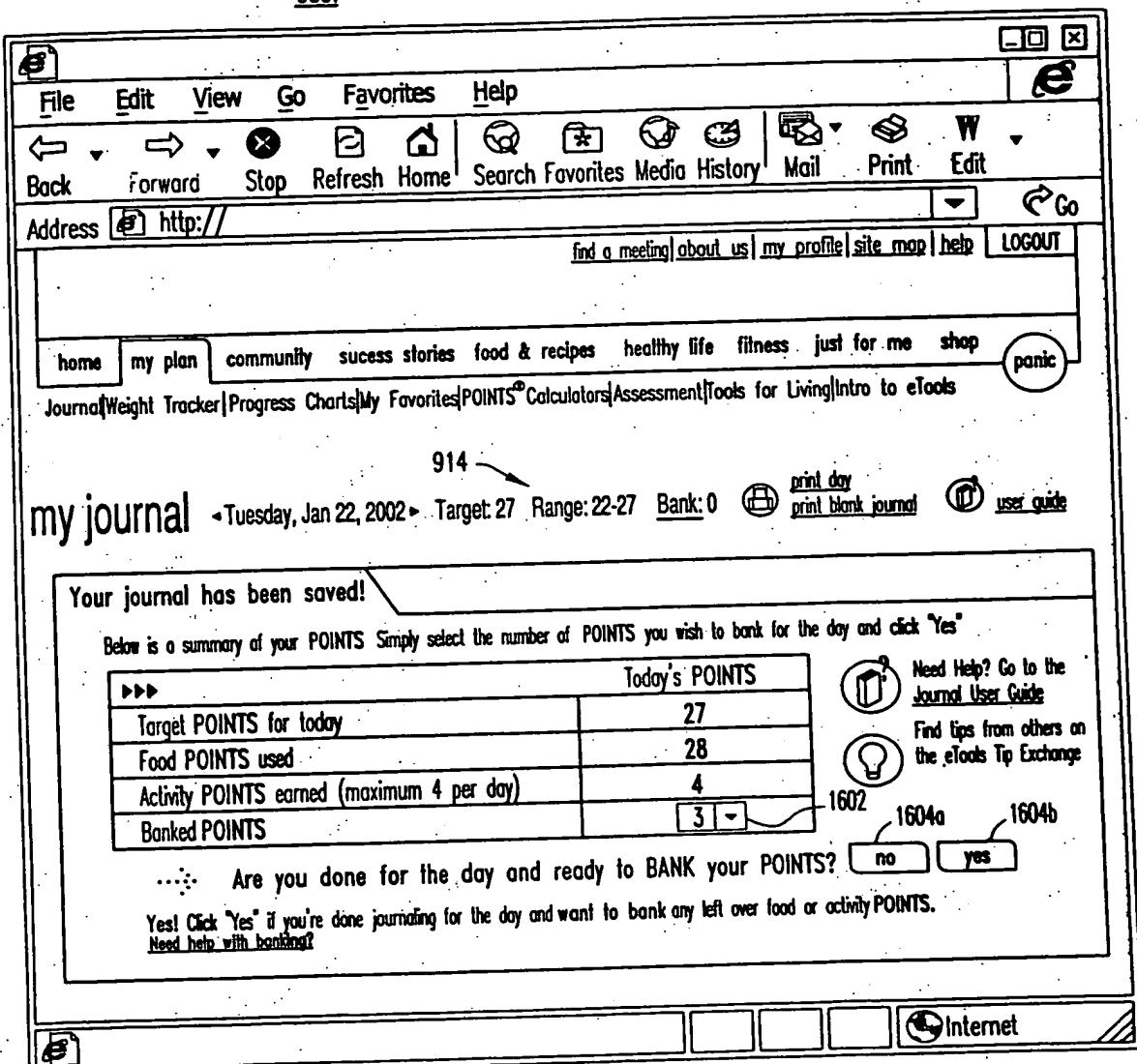


FIG. 16B

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
03968-P0001F

19/28

1700

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recipes

results of search or browse

Search Details: Keywords: chicken Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 prev next

Browse

All

Search Keywords:

POINTS range: to FIND

Looking for mor options? [Refine your search.](#)

1702

my shortcuts [LOGOUT](#)

to weight loss tools.

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[Tools for Living](#)

[Hot eTools Topic of the Week](#)

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Exchange

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MY MEETINGS

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Recipe, POINTS per serving

Apple Braised Chicken, 5
Baked Chicken with Sun dried Tomato Sauce, 5
Barbecue Chicken and Black Bean Pizza, 7
Basque Chicken, 7
Chicken and Dumplings, 5
Chicken and Sausage Gumbo, 6
Chicken Burritos, 5
Chicken Enchiladas, 7
Chicken Fajitas, 6
Chicken Fingers with Barbecue Sauce, 5
Chicken in Apricot Sauce, 5
Chicken Jambalaya, 6
Chicken Mole Wraps, 7
Chicken Paella, 7
Chicken Parmigiana Sandwich, 6
Chicken Poppers, 6

Chicken Pot Pie, 6
Chicken Salad in Whole-Wheat Bread Bowl, 5
Chicken Souffle with Pine Nuts, 6
Chicken Stew with Artichokes and Tomatoes, 5

Course	Time
Main Meals	55 min
Main Meals	30 min
Main Meals	30 min
Main Meals	45 min
Main Meals	40 min
Main Meals, Soups	33 min
Main Meals	37 min
Main Meals	60 min
Main Meals	25 min
Main Meals	22 min
Main Meals	45 min
Main Meals	50 min
Main Meals	31 min
Sandwiches	35 min
Main Meals, Side Dishes	20 min
Main Meals	65 min
Main Meals	20 min
Main Meals	25 min
Main Meals	50 min

Search Keywords:

All

FIND

POINTS range: to FIND

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Your search returned 48 recipes page 1 of 3 prev next

FREE! for all visitors

 Share your favorite recipes with new friends

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POINTS calculator
Find POINTS for thousands of foods:

[Calculate food POINTS](#)

recipe plans
Find POINTS for your favorite recipes.

[Calculate recipe POINTS](#)

recipe plans
Get delicious meal suggestions for every day of the week

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FIG. 17

Title: Weight Control System:
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20/28

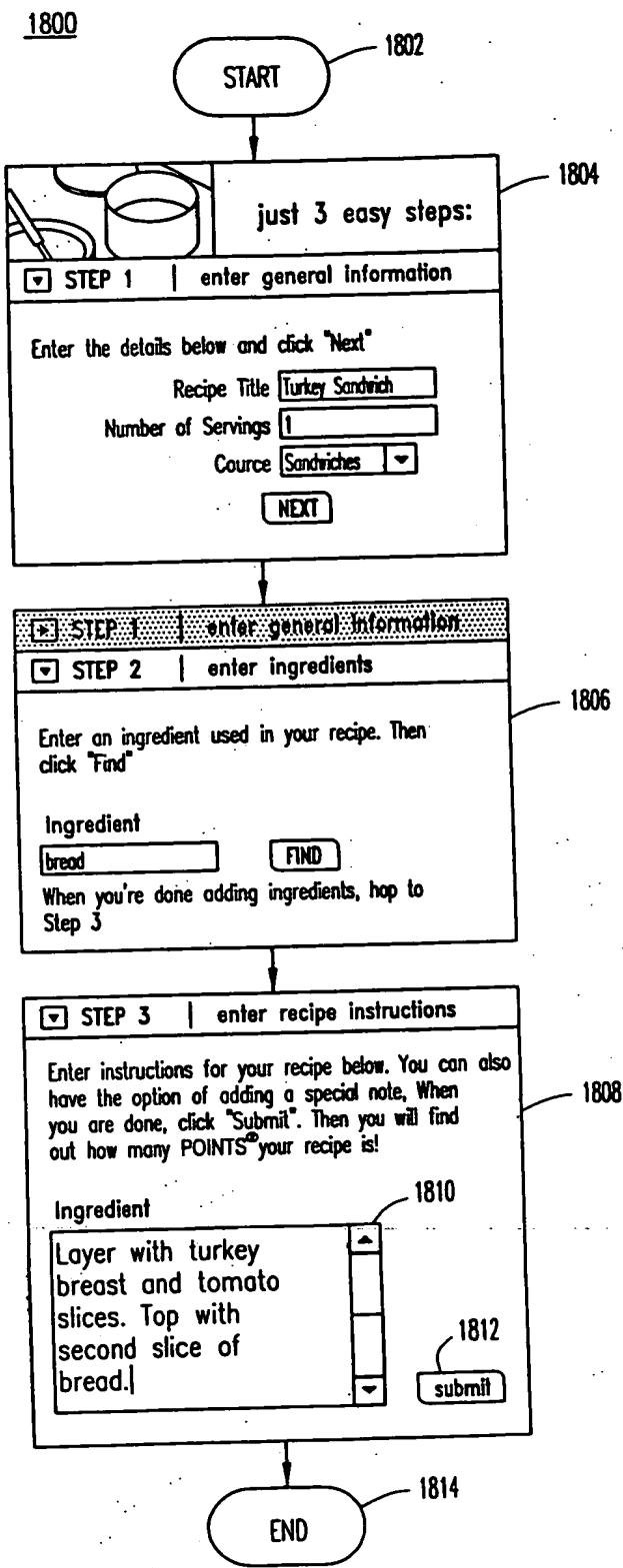


FIG. 18

Title: Weight Control System
Having Foods and Activities
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21/28

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weight tracker

Wednesday, January 16, 2002

Total weight loss: 10.0 LBS.

Most recent weight: 221.6 lbs on 1/14/2002
POINTS Range: 22-27
Meeting day: Monday 1902

Milestones: 5

[Thank You](#) [VIEW PROGRESS CHARTS](#)

Thank you for logging your weight this week!
Please return next Monday to log your weight.
Share stories on [Tales from the Scale](#)

[ENTER PREVIOUS WEIGHT](#)

health & safety

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

- What's your BMI
- Effects of Rapid Weight Loss

getting to weight goal

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

- 18 Ways to Reward Yourself
- Create a Motivating Strategy

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

- The Great Weigh-In
- 20 Weight Loss Tips (from Real Meeting Goers!)

[4 sticks of butter](#)

Change your country

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FIG. 19

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
03968-P0001F

22/28

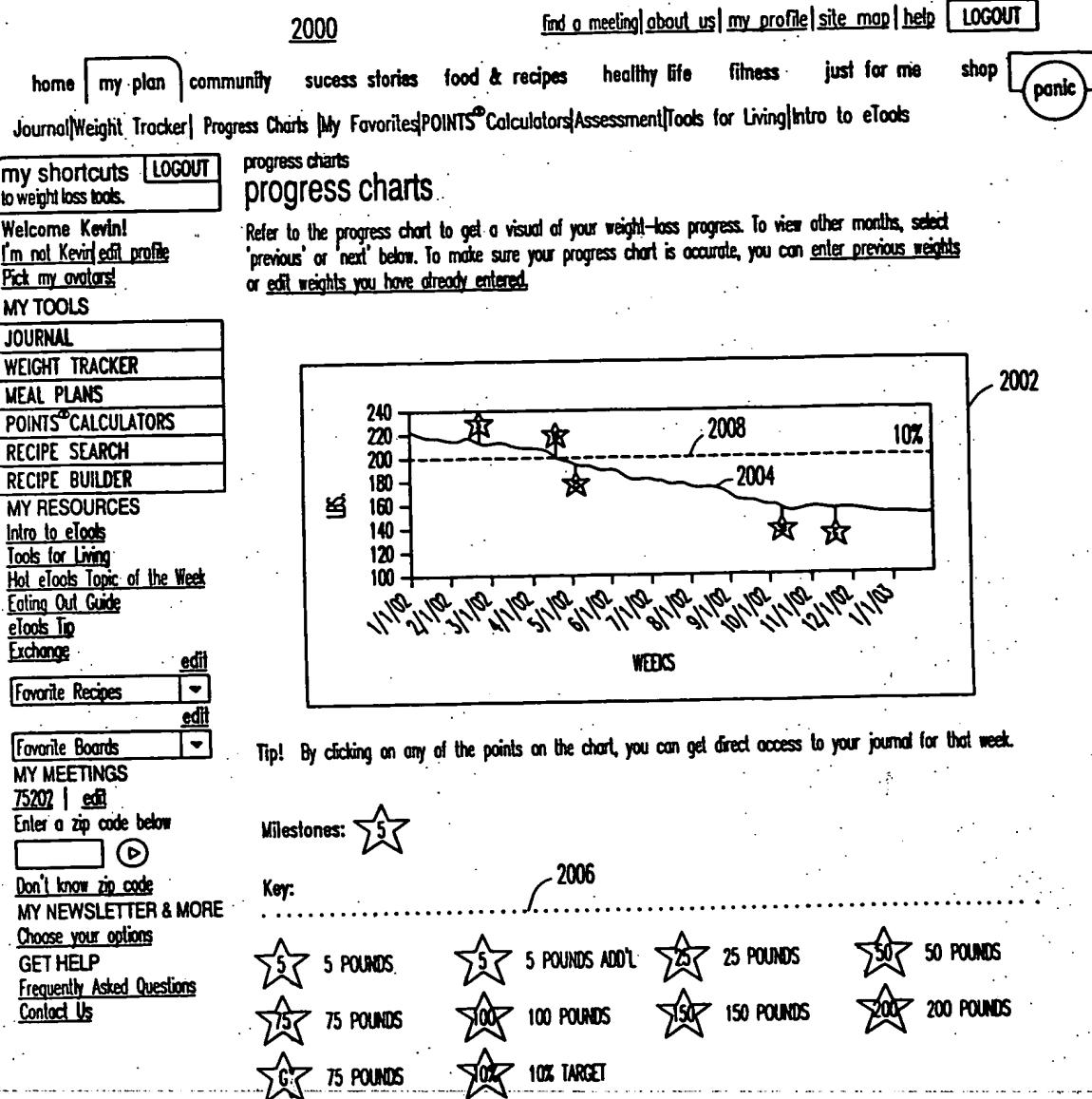


FIG. 20

2100

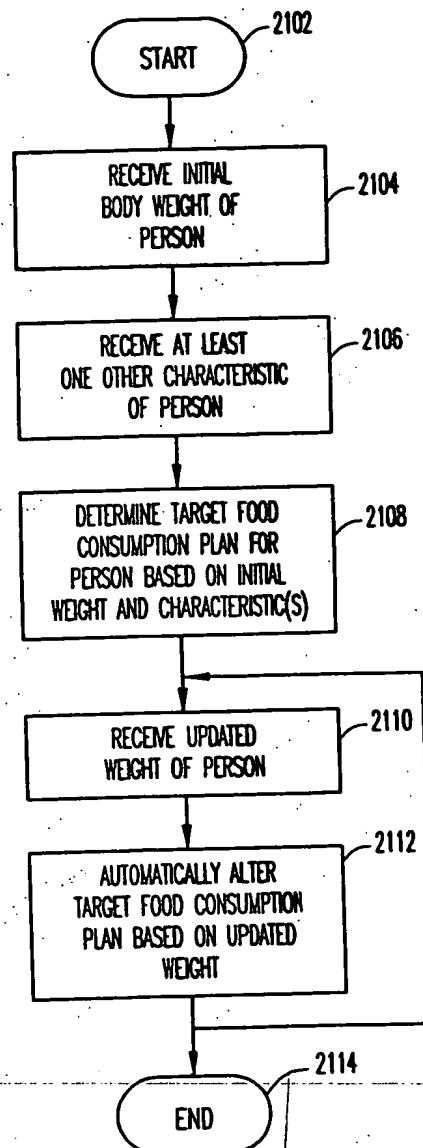


FIG. 21

2200 home my plan community sucess stories food & recipes healthy life fitness just for me shop 826 panic

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2202 

don't panic!

...we know how hard it can be.

Never trade what you want at the moment
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill.](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this.](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)
- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight

loss.

- [find a meeting](#)

get help

Panicking cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

FIG. 22

**Title: Weight Control System
Having Foods and Activities
Database**
**Inventor: Kirchhoff, et al
03968-P0001F**

25/28

2300

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http:// Go

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edit public profile

Select another page in my profile

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

2304 [submit](#)

make public

User name: John Smith
E-mail address: jsmith@workplace.com
Birthdate: 07/14/66
Gender: Male
Marital status: Single
Number of children: 0
Profession: Professional (e.g., doctor, lawyer)
Astrological sign: Cancer
My home page: <http://www.workplace.com>
Astrological sign: Beam me up, Scottie

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 223 lbs
Current weight: 221 lbs
Weight goal: 150 lbs

2306 [submit](#)

Internet

FIG. 23

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
03968-P0001F

26/28

2400g

The screenshot shows a web browser window with the following details:

- Address Bar:** http://
- Menu Bar:** File, Edit, View, Go, Favorites, Help
- Toolbar:** Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit
- Header:** 806c, Address, Go, find a meeting, about us, my profile, site map, help, LOGOUT
- Navigation:** home, my plan, community (highlighted), sucess stories, food & recipes, healthy life, fitness, just for me, shop, panic, Message Boards, Chats, Community Recipe Swap, 808c
- Main Content:** share favorite recipes with friends
- Welcome Text:** Welcome to Community Recipe Swap, the place to share your most delicious, POINTS®-worthy recipes with our online community. You can also search our growing database of more than 200 recipes (and counting).
- Links:** Share your recipe, Search recipes
- Section 15 recent recipes:** 2404, 2402, 2406
- Table: SHARE YOUR RECIPE**

Recipe Name	User Name	Posted
Veggie Omelet	smiles...niki	01/26/2002
chocolate peanut butter parfa	decharlbone	01/26/2002
Peanut butter & Raisin Cakes	jennifergracem	01/26/2002
Pink cloud	justiveil	01/26/2002
Mini Mocha-Toffee Crunch Cheesecakes	plz2001	01/26/2002
Autumn Bisque	mamacake	01/25/2002
Fruit Fluff	kronise	01/25/2002
Green Bean Soup	bswan628	01/25/2002
greek Omelet	suzanneh7	01/25/2002
- Right Sidebar:**
 - Main
 - Share your recipe
 - Search recipes
 - subscriber highlight
 - recipe search
 - Keywords:
 - POINTS to
 - refine search
 - for subscribers only
 - POINTS calculator
 - Find POINTS for thousands of foods.
 - Calculate food POINTS
 - recipe builder
 - Find POINTS for your favorite recipes.
 - Calculate recipes POINTS
 - meal plans
 - Get delicious meal suggestions for every day of the week.
 - View Meal Plans
 - Learn more about subscriber benefits
- Bottom Bar:** Internet

FIG. 24A

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
03968-P0001F

27/28

2400b

806c

File Edit View Go Favorites Help

Back Forwards Stop Refresh Home Search Favorites Media History Mail Print Edit

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808c

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Message Boards | Chats | Community Recipe Swap 808c

community recipe swap

share your recipe

Main
Share your recipe
Search recipes

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit". Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS.

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

2408

Recipe Title: 2410

From the Kitchen of:

Meal Course: Breakfast 2412

Number of Servings: 2414

Estimated POINTS per serving: 2416

Ingredients: 2418

Instructions: 2420

Special Notes: 2422

2424

RESET SUBMIT

Internet

FIG. 24B

Title: Weight Control System
Having Foods and Activities
Database
Inventor: Kirchhoff, et al
03968-P0001F

28/28

2400c

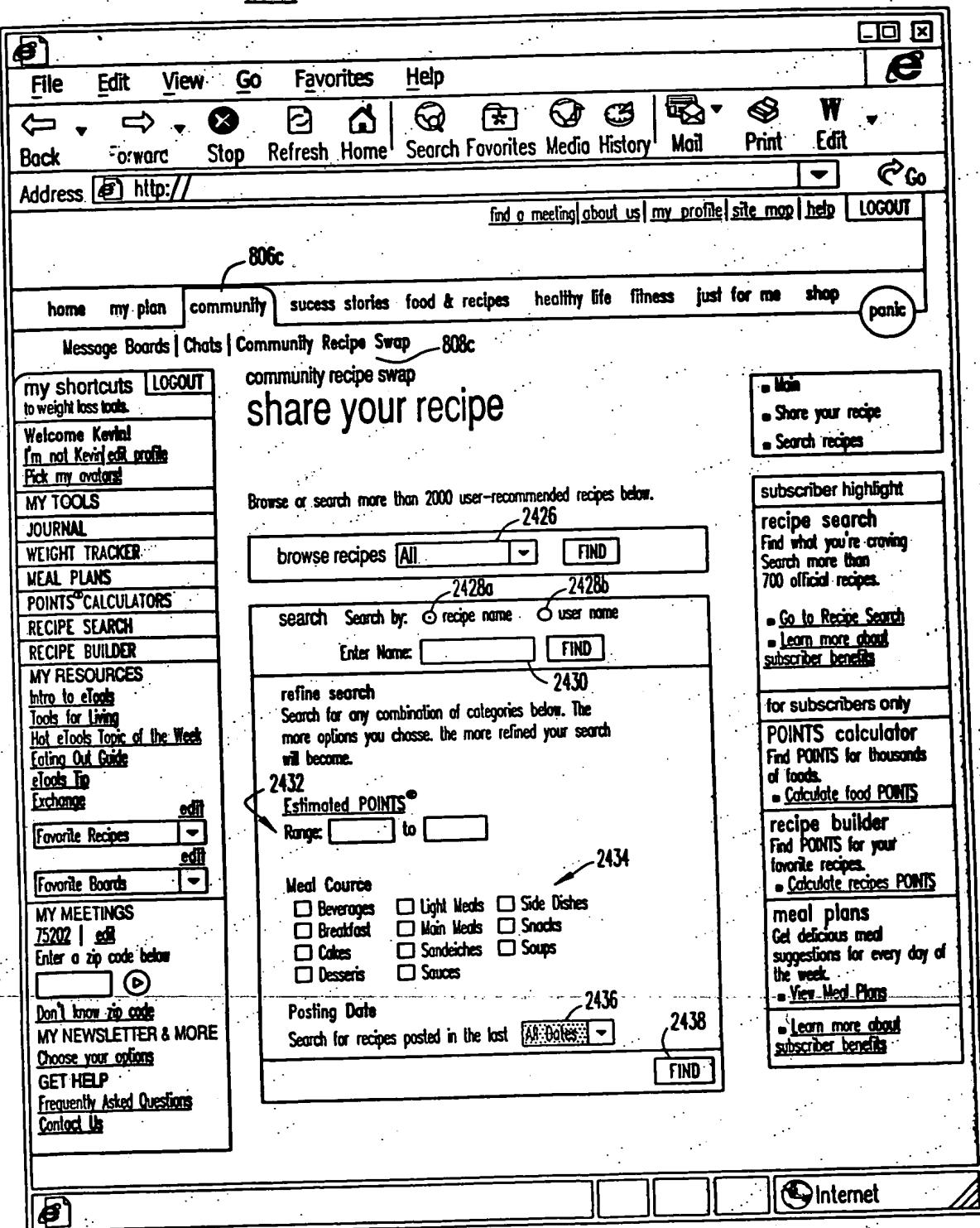


FIG. 24C